

Abdominal and Back Muscle Strengthening Exercises

1.



1. Child's Pose:

On your hands and knees, slowly sit back on your heels, letting your shoulders drop toward the floor. Hold for 20 to 30 seconds.

1) Corset Use:

corset 100% when up

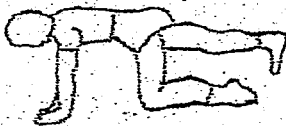
2.



2. Roll-up Sit-up:

Lie flat on floor (firm surface), knees bent, flatten back, as in pelvic tilt position with hands across chest. Tuck chin in, roll upper body so upper back is approximately 6 inches from the floor. Hold for 10 seconds. Roll back to starting position. Do 5 times. Repeat 2-3 times/day

3.



3. All 4's Extension: - **ADVANCED**

On your hands and knees extend left leg out straight, hold for 10 seconds and return to starting position. Repeat using right leg. Repeat each leg 5 times.

2) Activity Specifics

- a. Avoid painful activity
- b. Walk 15-60 minutes per day with brace.
- c. Core strengthening exercises: 2-3 times per day, 5 reps hold 5-20 seconds.
- d. Regular rest periods: to reduce intradiscal pressure
- e. Sitting precautions: - cushion, stool, elevate chair, back support or cushion for driving

4.



4. Side Leg Lift:

Lie on side & lift top leg as high as comfortable. Top leg 5 to 10 inches. Hold 10 seconds. Repeat 5 times.

Not Too high!

5.



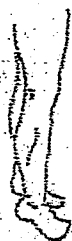
Beginning
Lie on stomach using small pillow under your hips. Lift left leg as comfortable, hold for 10 seconds. Return to starting position. Repeat using right leg.

5 Reps

3) Medication

- a. Oral prednisone
F 40,40, 30, 30
M 50,40,40,30
- b. naproxen 440-660
q 12 h x 1week
then qhs only
- c. Soma, at night
- d. Vicodine 5/325 qhs only
#20 NR
Prilosec prn

6.



6. Calf Raises:

Stand with even weight on feet, shoulder width apart. If needed hold on lightly to a counter for balance. Rise up slowly 2 to 3 seconds on to balls of feet and lower 2 to 3 seconds. Do sets of

1) Corset Use

Lumbo-sacral 4 stay corset when ambulatory.
Fit & apply in the supine position

2) Activity Specifics

- a. promote painless ambulation and painless work.
Goal: Minimize daytime pain meds
- b. Walk 15 -60 minutes per day with corset.
- c. Core strengthening exercises 2-3 times per day
5 reps hold 5-20 seconds.
- d. Take regular rest periods to reduce intra-discal pressure
- e. Sitting precautions: cushion, stool, elevate desk, driving

**3) Medication in Severe(> level 5/10) Sciatica/ Central disc herniation/,
Spinal Stenosis / Disc Injury with shift.**

- a. Oral prednisone M 50,50,40,30 plus 2 refills
F 40,40, 30, 30

Repeat prednisone dose @ 1week
if minimal improvement

- b. naproxen 440-660 q 12 h
- c. Soma, Flexeril, Tamazepam qhs #30 1 refill
- d. Vicodine 5/325 qhs only #20 NR
- f. Epidural Steroid X 2 as indicated
Prilosec prn

4)Footwear.

As painless walking and standing is an early goal, a new pair of stable running or walking shoes is frequently needed.

Brooks, New Balance, Etonic & Saucony are the most consistently good shoe brand. Include a pair of Spenco arch cushions in these shoes, particularly if standing and walking are not painless.

5)Ice or Heat. Most people find lying on an ice pack reduces pain & spasm.

5-10 minutes of icing per hour. Heating pads when used TOO long will INCREASE the pain & spasm.! Short, warm showers or short hot tubs can be used for some gentle stretching.